So what is your lizard brain? Your lizard brain is called the Amygdala. It’s that little part of your brain responsible for **fear, anger, and negativity.** It’s the part that keeps you from succeeding. The Amygdala is responsible for your “Fight or Flight” reflex; but it wants to control your entire **life**, to keep you from trying anything risky or **new**. It’s the part of you telling you that you need a Plan B; that your new idea will get you fired, or bankrupt you, or that starting your own business will ruin your life. That you should **shut** up, **sit** down, and **do** what you’re told.

The Amygdala is the **oldest** part of the brain, and it’s hardwired to take over when it senses **danger**. But that doesn’t mean you can’t beat it! The first step is to recognize the lizard brain tactics. Here are some ways the lizard brain can sabotage you. You’ll often procrastinate or be overly-critical of your work. You’ll invent anxiety, and sometimes obsess over details. And the lizard brain always makes **excuses**.

Now that you know what to look for, how do you fight the lizard brain? Allow yourself to have bad ideas. Don’t make a Plan B, just in case. Train yourself to do the exact opposite of the lizard brain. Embrace failure as a learning experience. And make no excuses: ship on time, every time. If you change your perspective, it will become easier to fight and win those battles that have kept you stuck, and move on to making the world better with your ideas. And the lizard brain will keep pushing and creating amazing things, and you’ll find there’s less and less room for it, and that screaming resistance you used to hear will fade to a sad little whisper.

So get out there and make a difference. And while you’re at it, why not pick up a copy of *Linchpin*? And when you’re done, share it with a friend.

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